

# 1. Health Education about Diabetes Mellitus

A health education programme was conducted in Sasihithlu village as a part of Unnat Bharat Abhiyan on 03/01/2023, Tuesday by Dr. Shawn, Dr. Shibina and Dr. Shahina (MBBS interns) under the guidance of Dr. Raghavendra, Medical officer, Mr. Harsharaj Shetty GM, MSW and Mr. Dilip.

The objective of the programme was to educate the community members on the symptoms of Diabetes mellitus, risk factors, prevention and management of the same. They were also educated about the need for regular check-ups, glycated haemoglobin, RBS, FBS and PPBS.

The community members were spoken to in a language best understood by them. At the end, they were asked if they had any doubts which were cleared.



## 2. Health education on Hypertension

Health education as a part of Unnat Bharat Abhiyan was conducted regarding Hypertension, including the causative factors, adverse affects, preventive measures and need for regular BP check up on 10<sup>th</sup> January 2023.

Interns visited the neighbouring houses of Sasihithlu and talked to them explaining the charts and clearing their doubts. Blood pressure of members were also checked during the visit.

During the visit, the members in the household were told the importance of salt restriction in the diet, regular physical activity and mental health which are all the easy measures towards a better future.

Discussed regarding the need for minimising oily food and packed/processed food and need for the intake of fruits and vegetables.

Physical activity in the form of morning brisk walk for at least half an hour daily was advised. The change that can bring about by adopting to a disciplined life style along with, relieving the stress by sharing with friends and family are not to be ignored. Avoid smoking and alcohol as much as possible can reduce the risk of hypertension. The need for continuation of antihypertensives addressed.



### **3. Report of health education on Anaemia**

A health education programme as a part of Unnat Bharat Abhiyan was conducted in Sasihitlu on 01/12/2022, Thursday by Dr. Noel Joy (Intern), Dr. Nivita Kaushal (Intern), Mr. Harsharaj Shetty (Medico social worker).

The objective of the programme was to educate the members of the community on Anaemia, it's causes, symptoms, prevention and treatment. A family with a pregnant mother and daughter was educated.

Chart with pictures depicting the details was prepared and used as an aid to help them understand the topic more clearly.

The members of the community were informed about anemia. Patients were made aware about it's symptoms such as fatigue, pallor, nail changes, shortness of breath etc and it's causes such as pregnancy, menstruation, parasitic infections, GI bleed etc.

The community members were told to take foods which contain iron, folic acid, vitamin B12 and vitamin C which are good for prevention of anemia. They were also taught about iron and folic acid tablets and solutions, injectable iron etc for recovery from anemia. The members were spoken to in a language best understood by them, all questions that the patient's had such as treatment and prevention were answered.



## **4. Health education on vitamin D deficiency**

On 13<sup>th</sup> January 2023 Health education based on vitamin d deficiency under Unnat Bharat Abhiyan was conducted at a nearby household in Sasihithlu.

Importance of exposure to sunlight, consumption of sea food, milk and egg was explained. Major source of vitamin D is sunlight. Other sources of vitamin D are cod liver oil, fishes like mackerel and sardine, milk, egg etc. Deficiency of vitamin D results in reduced bone density, thereby predisposing a person to joint pain, fatigue etc.

In children, vitamin D deficiency causes rickets, that is softening and weakening of bones in children, due to inadequate vitamin D, which is characterised by acquired deformity of chest and rib, bone fracture, bow legs, deformity of the skull, or slow growth.

In adults, especially women in post menopausal age, a lack of oestrogen weakens the bones as one age, vitamin D works to slow down and minimise the weakening process. Thus, vitamin D deficiency causes osteoporosis.

Health education was provided on how to prevent these complications of vitamin D deficiency. Appropriate sun exposure, that is during early morning hours and during evening is necessary. Consumption of food rich in vitamin D such as cod liver oil, fishes like mackerel and sardine, milk, egg etc.

Vitamin D supplements can be taken to prevent the deficiency. The importance of calcium supplements or consumption of milk is also explained as calcium is necessary for the absorption of vitamin D. Which was also used to impart knowledge on management of vit D deficiency in language best understood by the people.

Routine bp check-up was also done for the members of the household. The experience was rewarding in terms of community services and education for conductors of the health education programme. The



people benefit in terms of awareness of common and easily preventable deficiencies.

## **5. Health education on Postnatal care**

On 18/01/2023, as part of Unnat Bharat Abhiyan in Sasihithlu, a nearby household was visited and awareness regarding post-natal care was given to the residents which included a post-partum mother.

The aim of the program is to help educate rural population about basic healthcare and consequences of neglecting the same.

Postnatal care includes both infant and mother, has both requires special care, nurture and nutrition, to regain post pregnancy status for the mother and ample growth for the infant.

We educated the community about Breast feeding techniques which include proper latching that is for proper suckling action of the baby, the baby's mouth has to cover the entire nipple and areolar region with chin touching. Proper latching ensures the baby gets enough feed each time it's breastfeed and also about weaning.

Improper latching techniques leads to the baby not being able to get milk in enough quantity as needed which leads to malnutrition of the infant. Also, the infant tends to be more irritable. For the mother it can lead to cracking of the areolar region, pain and skin irritation.



## **6. Health education on Osteoporosis**

A health education programme as a part of Unnat Bharat Abhiyan was conducted in Sasithulu village on 7/2/23, tuesday, by Dr Shriyanshi sharma (MBBS intern) under guidance of Dr Jithin (MO), Mr Harsharaj shetty GM MSW and Mr Dilip.

The objective of programme was to educate members of the community on the symptoms of osteoporosis as well as prevention and management.

The members of the family were informed about the risk factors osteoporosis, signs and symptoms of osteoporosis as well as how they can prevent and manage it.

They were also educated regarding Treatment through diet modification like adding more of vitamin D and calcium in their diet in the form of milk, eggs etc. They were counselled about the ways to prevent it.

The community members were spoken in the language best understood by them.



## 7. Health education on Hypertension

A health education programme was conducted in Sasithulu village as a part of Unnat Bharat Abhiyan on 9/2/23, tuesday, by Dr Shriyanshi sharma ( MBBS intern) under guidance of Dr Raghuvendra (MO), Mr Harsharaj shetty GM MSW and Mr Dilip.

The objective of programme was to educate members of the community on the symptoms hypertension as well as prevention and management. The members of the family were informed about the risk factors of hypertension, signs and symptoms as well as how they can prevent and manage it.

They were also educated regarding Treatment through diet modification like reducing salt intake and by regular exercise. They were counselled about the ways to prevent it.

The community members were spoken in the language best understood by them.





## 8. Health education on water borne diseases

A Health education on the topic of water borne diseases was conducted in an Anganwadi School at Sasihitlu as a part of Unnat Bharat Abhiyan on 15/02/2023 by Synol Lewis (MBBS intern) and Mr. Harsharaj Shetty GM (Medico social worker).

The students from class 1 to 7 were present. The topic of water borne diseases was explained in detail to the students. The headings covered were causes of water borne diseases like consumption of contaminated water, inadequate sanitation, unhygienic practices. The various diseases caused for example typhoid fever, cholera, leptospirosis was told. The symptoms seen like fever, stomach pain, vomiting, diarrhoea was explained. Lastly, the preventive measure like boiling of drinking water, avoiding stagnant water, avoiding street junk food were told.

A chart with pictures was made for the children for the better understanding of the topic. All questions which were asked were explained and answered.



## 9. Health education on proper eye care

As a part of Unnat Bharat Abhiyan Balaram P Raj, Disna, Saifa and Samridhhi were organised a health education about the need for proper eye care. We went to a nearby house where we made them understand the need for routine eye check-ups and the need for proper lighting in rooms.

The importance of limiting use of mobile phones to reduce their harmful effects was also explained. Routine monitoring for diabetes was also explained. These were further explained using charts and figures.

Finally, routine health check-up, including their BP measurements of all the family members were done. They were also advised to visit the hospital in case of any difficulties.



## 10. Health education on Postnatal Care

A health education program as a part of Unnat Bharat Abhiyan was conducted on 22/02/23 on Post natal care amongst Post natal ladies. The team consisted of Dr. Pradnya and Dr Sujay

The objective of the program was to educate the locals regarding the Post natal care that is care of the mother and baby care and also the Schemes provided by the Government for post natal women .

Dr. Pradnya spoke about the post natal mother care which include early and regular ambulation , adequate hydration , drinking plenty of fluids ( water, fresh fruit juices , tender coconut water)at regular intervals , breast and nipple care , spacing in between two pregnancy, contraceptive methods. The family members were also educated regarding family support (emotional and mental support) towards the mother.

Dr. Sujay spoke about the care of the newborn which include early initiation of breast feeding, exclusive breastfeeding till 6months of age , frequent burping methods weaning techniques after 6months of age, cord care and eye care. The family was also educated about the immunisation schedule according to NIS. Programs and schemes like Bhagyalaxmi ,sukanya , ICDS was informed to the family members .

All the aspects of Post natal care were explained to them in the language they best understood and they were keen on following our advice

This health education program was done under the guidance of Dr Raghvendra and Mr. Harsharaj sir.



## 11. IMMUNIZATION PROGRAMME AT SASIHITLU

Under Unnat Bharat Abhiyan, Immunization program was conducted on March 14 2023 at SASHITHULU YUVAKAMANDALA BUILDING.

Parents were counselled and briefed about the need for immunization and appropriate immunization schedule as per the age of the child. Immunization was given to children as per age. Emphasis was made on adverse effects of skipping and not getting the vaccines on time.

An ANM and staff nurse were present to conduct the immunization program. Vaccine program of the month of March 2023 was documented.

Parents were also counselled regarding maintenance of adequate hygiene and cleanliness, importance of breastfeeding, proper technique of holding the child and feeding were taught in the language understood by them.

This program was conducted under the guidance of Dr. Raghavendra, Medical Officer, Dr. Gunjan Batra, Tushar Kesarwani, Vaibhav Yadav interns of Community Medicine were present and helped in coordinating the programme.

